Prayer Leader:
Whatever it was, remember that we all make mistakes and when we say sorry, God will forgive us and that each moment is a new moment and we always have chances to make different choices.

As you think about your week ahead, is there anything you feel you would like to pray for/ask God's help with? Maybe to do with your friends, your school work, or something at home.

Spend a few moments now, asking for whatever help you may feel that you need this week.

Monday Evening

Prayer Leader:
First put your hand on your chest.
Can you feel what happens as you breathe in and out?

Think about all the breaths you must have taken since you
woke up this morning, without even thinking about it!
And that each breath has kept you alive!

Now let's look back to see what has been happening today, and
how you've been feeling while you've been taking all those breaths.

How were you feeling when you started your day?
How has your day been?
Have you done some schoolwork you felt proud of?
Was there something you found difficult?

How was your downtime? Did you play games?

How was your lunchtime?
Did you enjoy your lunch?

Prayer Leader:
Did it feel like a usual day, or was it different/special in some way? Perhaps it was your turn to do/share something, perhaps you saw someone you haven't seen for a while, or perhaps you spent time somewhere different than usual.

Was there a time today when you felt happy?
What was happening?

Was there a time you felt unhappy, or sad? Why was that?

Do you feel like there is any way you weren't kind today? If there is, remember that every one of us make mistakes, and you always have new chances to do or say something kind and helpful. We always have new chances to say sorry and move on.

Prayer Leader:
Now have a look ahead to tomorrow.

Is there anything you're looking
forward to, or not looking forward to?

God cares about everything
you care about.

Talk to God, asking for any help
you need, knowing that you are loved,
and that God is always there
to listen to you.